



Chilliwack Hospice Society News: Nov 2015

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info@chilliwackhospice.org

604-795-4660
www.chilliwackhospice.org

Mission Statement:

Chilliwack Hospice is a community based volunteer organization which accepts death as part of life. We support individuals and families during the dying and grieving process.



Thank You!

From Chilliwack Hospice Society to everyone who helped make the

12th Annual

Vintage HOLLYWOOD

November Night Gala a huge success - we raised over \$110,000!



September 10 - World Suicide Prevention Day

Sponsored by the Ts'elxweyeqw Tribe, over 140 people attended the World Suicide Prevention Day event at Sto:lo Nation's grounds and buildings, and participated in activities including: Cloutie tree; expressive art activities; cycling/walking; seminar/workshops for attendees on communication skills; mental health and food. Thirty people received Healing/Therapeutic Touch treatments and sound healing offered by our very own Chilliwack Hospice Society Relaxation Team. In the evening 65 people attended the movie – The Perks of Being a Wallflower at Cottonwood Cinemas, and many people stayed to participate in a Q & A discussion after the film about community resources, education and support.



Getting Through the Holidays

Getting through the Holiday season without a loved one can make an emotional time even more challenging. It is so important to remember that you are not alone at this time. Consider who you have in your life that is a good listener, without judgement, and will help you to feel understood. Talking about your grief can make it seem less overwhelming. It is important to say your loved one's name in conversation, all through the year. If you are able to talk openly, it helps others to recognize your need to remember these special people.

Trying to keep busy throughout the holiday won't distract you from your grief – it may actually increase stress and postpone the need to talk about thoughts and feelings. Do what is right for you during the holidays, focus on what you want to do, rather than on what has always been done previously. Having conversations with trusted friends and family can help you to clarify what it is that you want to do during the season.

You may discover that some seasonal traditions may not feel "right" anymore, and that you feel others have to be maintained. Sometimes the best way to work out what to do ourselves and what to delegate to others is to make a list and plan ahead.

Some things you will want to consider: what traditions do I usually observe? Family meals, traveling, giving gifts, sending cards, decorating, attending religious services and entertaining are a few. Next, think about why you would normally do those activities: for yourself? For your children? Your parents? Because that is what you always do? Does it matter where these activities happen – is it always at your house? Does it have to be? Does it matter when or how things are done? Does it matter who does it? Finally: do you want to do it? As you make your plans, be sure to leave some options for yourself if you decide to make changes.

Finally, take time to embrace your memories. Share your memories with friends and family. It's alright to feel the emotions that come with our memories, whether we laugh or cry. Remembering our loved ones is a part of our healing.



Celebrate a Life December 1 – 23, 2015

We invite you to remember a loved one by writing their name on a butterfly and placing it on our Memorial Tree. Trees are set up at Minter Country Gardens and the Thrifty Boutique.

You may also write a special message in our Memorial Book.



Chilliwack Hospice Thrifty Boutique

260, 45428 Luckakuck Way

604-846-2226

Store Hours:

Monday - Saturday, 9:30 - 5:00

Donation Drop Off Hours:

Monday - Saturday, 9:30 - 4:30



Re/Max Community Volunteer Day

A special thanks to the realtors at Re/Max for choosing to spend their community volunteer day helping us. These hard-working folks picked up all of our Christmas décor from our locker and brought it to the Thrifty Boutique. Once there, they unloaded, sorted, priced, and helped display everything. They even brought along a BBQ and provided a lunch for our shoppers and arranged for entertainment by Jeff Bowman.



Elders in TRANSITION

WHEN LIFE HAPPENS WE CAN HELP

Often it is overwhelming when it comes time to downsize or move. Even when health concerns are not an issue, moving from a large residence to a smaller space can be fraught with stress. It's hard to part with treasured possessions accumulated over a lifetime. Why not consider donating to your Chilliwack Hospice Society's Thrifty Boutique?



HOW CAN WE HELP?

- » Provide in-home assessment of your items
- » Provide support to families
- » Pack up and take away items: Housewares, Small appliances, China and glassware, Lamps, Small furniture, Clothing/Accessories, Jewelry

YOUR DONATIONS HELP FUND OUR PROGRAMS AND SERVICES THAT ARE PROVIDED FREE TO THE RESIDENTS OF CHILLIWACK AND AGASSIZ
 *Service is available bi-monthly on a first call/first serve basis. Please call for more information.



Thrifty Boutique

260-45428 LUCKAKUCK WAY / 604-846-2226

Mon-Sat 9:30am-5pm / Drop off: Mon-Sat 9:30am-4:30pm

We do not: Act as a moving company or remove garbage or unsellable or discard items

Want to keep up-to-date on all of our events and sales? Join our email list and like us on Facebook!

Every summer you can find the Thrifty Boutique participating at Party in the Park. Not only do visitors have a great opportunity to support Hospice by shopping at our booth; we are there providing information about our programs and services.



Want to be Part of the Fun? Thrifty Boutique Volunteers Needed!

Four hours a week gives you the opportunity to make connections, and help at our store.

For more info please call Sandy at

604-846-2226.

Your donations to the Thrifty Boutique go towards Hospice programs and services that are offered Free of Charge to the residents of Chilliwack and Aggasiz.

From East Coast to West - Ian's Walk Makes a Stop in Chilliwack

On October 22, Chilliwack Hospice was thrilled to welcome Ian Bos to our Hospice House.

In May 2015, Ian set off from his home in Nova Scotia on a walk across Canada in memory of his father, who had recently passed away.

Ian decided to walk across Canada as a way to bring awareness to the work of Hospices across the country, and particularly as thanks to the excellent care his father had received from the Aberdeen Palliative Care Society in Nova Scotia.

After an amazing five month journey across the country, Ian passed through Chilliwack as he neared his final destination of Victoria. Ian visited us and shared refreshments with many of our staff and volunteers, before providing a touching story of his memories of his father, and what motivated him to take on this inspirational challenge.

A wonderful moment that captured the passion and dedication of those involved with Hospice Societies across the country, Ian's visit will forever be a fond memory.

Ian reached Victoria on October 29, 2015, 159 days and approximately 6027km after setting off from Halifax, Nova Scotia.



Teen Grief Peer Support Group

The Teen Grief Peer Support Training took place October 3 - 24, 2015. Volunteers Ian Kunitski and Kim Harder co-facilitated the training. Fourteen students successfully completed this course and have expressed interest in becoming teen mentors with our children's bereavement support groups and volunteering at our next Horse Whisperer Grief Camp.

Bottom row seated from left to right: Leanne Phan, Shaun Ta, Julia Landriault, Ashley Che, Amanda Semke
Bottom middle row standing left to right: Teen training volunteer co-facilitator Kim Harder, Tiffany Lee
Middle row standing left to right: Raina Goerzen, Emily Porcher, Ragini Dhawan, Netanya, Kimia Javanmard
Top row standing left to right: Teen training volunteer co-facilitator Ian Kunitski, Abbie Murphy, Aika Rasmussen, Conor Mielke



**Stocking Stuffers?
Gifts for Seniors?**



The Hospice Film Series!

At Cottonwood 4 Cinemas • 48350 Luckakuck Way

Enjoy Tuesday afternoon at the movies with
Chilliwack Hospice Society

All Movies Start at 1:00PM

- January 12 **The 100 Year Old Man Who Climbed Out of the Window and Disappeared**
(Subtitles and Course Language)
- February 9 **Elsa & Fred**
- March 8 **St. Vincent**
- April 12 **The Darjeeling Limited**
- May 10 **Hector and the Search for Happiness**
- June 14 **Seymour: An Introduction**



Package of 6 tickets for \$30

**Partial Proceeds To
Chilliwack Hospice Society**

Please call **604-795-4660** for more information
or visit **www.chilliwackhospice.org**



**Chilliwack Hospice Society
Volunteer Christmas Open House**

**Thursday, December 10th 2015
2:00-4:00 PM**

We invite you to join us in celebrating the Christmas season. Please stop by our Open House and enjoy finger foods, entertainment from professional musician Jana Seale, and hot drinks around the Christmas tree.

If you'd like to take part in a gift exchange, please bring either a homemade gift, something you'd like to re-gift or if you'd like to purchase something, please keep it under a \$10 value.

Board Orientation

Board members, staff and special guests attended our Board Orientation on October 8, 2015. Volunteer Ian Kunitski and our practicum student Iza Kasprzak shared their Hospice involvement with the board.



Chilliwack Quilters Guild and PieceMaker Quilters regularly donate hand-made quilts to the Cascade Hospice

“I wished I had attended a group when my mom passed in 2011 but I am learning that it is never too late to grieve. It is so wonderful to have people I can share with”

Meet the Chilliwack Hospice Volunteers

Shirley Downie

Thrift Store, 1:1, and Vigil Volunteer

I have been with Chilliwack Hospice for five years. After raising four children and working full time, when I retired I felt there was more I wanted to do with my life than stay home and bake cookies. So one day I picked up the local paper and there was an ad for Hospice volunteers and applied.

I first began at the Thrifty Boutique as a volunteer then took the volunteer training course. I then started doing vigils and went on to one to ones then to palliative. Most of my time though is spent at the thrift store where my passion for people takes me.

I can't say enough about Hospice and the remarkable people that work there. I have met some amazing volunteers over the years and many of them have become close friends. Hospice is such a vital part of our community with all the programs that they offer and all for free to whoever needs them. However, without the volunteers it would be much more difficult to run all of those programs that help so many people. In saying that though I have received many more blessings as a volunteer than I have given.



Vicki Robinson

Cascade Hospice Volunteer

After retiring and moving to Chilliwack I wanted to volunteer for an organization that would allow me to be useful and give back. At about the same time a very dear friend was dying and came to Cascade Hospice. I was so impressed with the quality of care given to him by the staff and volunteers. The compassion and dignity they provided to him and his family and friends was so inspiring. I felt like I could also provide that care. It just seemed the right thing to do.

I took the excellent Basic Hospice Training and learned a great deal. I also learned a lot about myself, allowing me a venue to examine my own beliefs. Death is inevitable. Death does not define a person but the life they live defines them. I see my role as respecting the client's life as well as their family, showing them that I care and that they matter.

Although I wanted to do for others, it also benefited me. Thank you to the lady who shared secrets to growing beautiful roses, and to the lady that shared how to best cook corn, to the gentleman that tried to explain rugby to me, to the elder that shared his journey to Canada and to the lady who taught me how to just "be" and enjoy the moment, to the man who only wanted me to hold his hand, to the family member who wanted to know what to say to their loved one. My time as Cascade Hospice is full of rewards, a place that provides peace, compassion and dignity to all who enter.

There are so many programs offering "help" at Hospice. After a time I felt I could do more so after training I volunteered to co-facilitate the First Step Group that meets throughout the year. I very much enjoy this opportunity. Grief is complicated and is a difficult time. To provide a place where those who are dealing with the death of a loved one can come and feel safe and accepted is truly a beneficial part of healing. Often times they have things to say that only those in deep grief will understand. We try to provide the caring and the tools they might be able to use to live with their loss.



"When we joined the grief group we were very welcomed into a warm environment. The volunteers were very helpful, understanding, listened well and proved good support during a very dark time in our lives"

Mark and Catherine

Soothing Sounds - The Importance of Music in Care

Music is an important part of the human existence, across all continents and cultures. It is a form of therapy that many of us take for granted – we can simply turn on the radio, download our songs, or play an instrument. However, at end-of-life care facilities it is often quiet, with minimal sound or distractions. Research shows that music throughout the life span is beneficial and it is becoming more common to find music programs within end-of-life facilities. Music therapy in end-of-life care aims to improve a person's quality of life by helping relieve symptoms, addressing psychological needs, offering support, facilitating communication, and meeting spiritual needs. In addition, music therapy assists family and caregivers with coping, communication, and grief/bereavement.



Jana Seale - a professional musician who provides music at Cascade Hospice

We have some new musicians at Cascade Hospice this fall. Jana Seale, a local professional musician, is playing guitar and singing at Cascade on alternate Tuesdays. Her style is very easy-listening, “ambient background” music and her visits are eagerly anticipated by the patients, families and staff. In addition, we have a retired teacher and current students who have volunteered to play at Cascade. The style of music varies and the instruments range from violin to cello to piano and guitar.

Having musicians come in for even an hour on a weekend afternoon changes the environment of the hospice so much: doors are opened so that patients can hear from their rooms; those who might not have wanted to get up are inspired to come out to the living room area, just for a little bit, and toes and fingers tap along in time. For just a few moments, things are ‘lighter’ and the change is felt by everyone. Our thanks to everyone who gives their time to help make the hospice residence a brighter place.

Introducing Richard

My relationship with the Chilliwack Hospice Society first began after I moved to Canada in September 2013, and began looking for volunteering opportunities while I was on the hunt for employment. Prior to relocating to the Great White North I had worked as an Administration and Press Assistant for a York, UK-based charity that worked with adults with visual and learning disabilities while completing my Master's Degree. This experience led me to volunteer in the Hospice's office, which was a great fit for me (and provided a welcome change to applying for jobs all day!) After finding employment as Marketing Assistant at Chilliwack Cultural Centre I sadly had to ease off on the regular office hours, but continued to volunteer with the Hospice for events.

Fast forward two years, and I'm happy to find myself back in the office at the Hospice, taking on an additional part time job as Administration Assistant here as well as continuing with Chilliwack Cultural Centre. If nothing else this means I'm pretty busy... but as I'm sure everybody involved with the Hospice will agree, there's probably no more relaxing a place to be busy than the Hospice house! I'm thrilled to be back working with a bunch of people that were the first to extend a welcoming hand when I initially moved to Canada, and look forward to being involved with an organization that does so much good in the community once again.

In my spare time I play bass guitar, spend as much time outside as possible, and listen to and write about heavy metal for magazines.



**Richard Taylor -
Administration Assistant**

Board Of Directors

Darlene Koller
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Fundraising Coordinator*

Richard Taylor
Administrative Assistant

Sandy Parker
Thrifty Boutique Manager

Stephanie Heinrich
Thrifty Boutique Coordinator

Bonnie Yule
Shirley Downie
Susan Greenway
*Thrifty Boutique
Assistant Coordinators*

Donations made in honour and memory of loved ones from August - November 2015

- Victor Clarke
- Tomislav Grsic
- Shirley Spenst
- Richard Metz
- Marion Kay
- Lynda Braun
- Louise Linda Sallas
- Laura Muir
- Katie Mothus
- Jocelyn A. Wilson
- James Hartskamp
- Jack Eaton
- Ignace Wurst
- Gord Harmsen
- Edith Kearnen
- Dr. David Klassen
- Dorothy Butterley
- Don Langford
- Denis Sache
- Columbe Hardy
- Ann Cross
- Angie Ganam
- Alice Grau
- Clara Keown
- Sig Huth
- Clarence Blake
- Gabriele Douglas

Thank You

- Rob Lacerte for lending us his truck.
- All the Re/Max realtors who helped us move and organize our Christmas decor.
- Dale Seguin for keeping our yard and driveway clean and Mel Melissen for fixing things at our Centre.
- Andy Maarhuis for all his help with the Thrifty Boutique
- Angelo Rea, Jana Seale, and Vineyard Community Centre for their contribution to the Memorial event.
- Vicki Robinson, Swan Lin, Alexis Friesen, Cher Rampton, Christine Huber, Diane Toews and Sandrine Trichard for volunteering at the Memorial event.
- Emee Wenk, Mari Okasaki, Christine Huber, Leanne Peters, Sue Kind, Vicki Robinson, Diane Toews, Sandrine Trichard and Stephanie Heinrich for baking and food contributions to the Memorial event.
- Jana Seale for playing at Cascade Hospice.
- Vicki Robinson and Ian Kunitski for helping with First Step Sessions this summer and fall.
- Chilliwack Quilters Guild and Chilliwack Piece Makers for quilt donations to Cascade Hospice residence.
- A special thank you to Ian Kunitski and Kim Harder for helping co-facilitate the Teen Grief Peer Support Group.
- Donna MacFarlane for updating the volunteer training manual, all her help photocopying and helping organize material.
- Sister Sik Yin Kit for teaching and encouraging us to practice 'mindfulness'.
- Colleen Johnson, Sherry Proudfoot, Heather Schmidt and Norma Arndt for their beautiful, handmade cards.
- Cathy Rayner and Cottonwood 4 Cinemas for their support of our film series.

